



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 20052, Rice, white, short-grain, enriched, uncooked**

**Report Date: June 27, 2017 04:58 EDT**

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

**Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.82 Nitrogen to Protein Conversion Factor:5.95**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 200g
<b>Proximates</b>					
Water	g	13.29	9	0.675	26.58
Energy	kcal	358	--	--	716
Energy	kJ	1498	--	--	2996
Protein	g	6.50	11	0.134	13.00
Total lipid (fat)	g	0.52	5	0.043	1.04
Ash	g	0.54	10	0.036	1.08
Carbohydrate, by difference	g	79.15	--	--	158.30
Fiber, total dietary	g	2.8	--	--	5.6
<b>Minerals</b>					
Calcium, Ca	mg	3	2	--	6
Iron, Fe	mg	4.23	1	--	8.46
Magnesium, Mg	mg	23	2	--	46
Phosphorus, P	mg	95	2	--	190
Potassium, K	mg	76	3	1.168	152
Sodium, Na	mg	1	2	--	2
Zinc, Zn	mg	1.10	2	--	2.20
Copper, Cu	mg	0.210	2	--	0.420
Manganese, Mn	mg	1.037	3	0.085	2.074
Selenium, Se	µg	15.1	7	5.193	30.2
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0
Thiamin	mg	0.565	1	--	1.130

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 200g
Riboflavin	mg	0.048	1	--	0.096
Niacin	mg	4.113	1	--	8.226
Pantothenic acid	mg	1.287	2	--	2.574
Vitamin B-6	mg	0.171	3	0.017	0.342
Folate, total	µg	231	--	--	462
Folic acid	µg	225	--	--	450
Folate, food	µg	6	2	--	12
Folate, DFE	µg	389	--	--	778
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.140	--	--	0.280
14:0	g	0.003	19	--	0.006
16:0	g	0.125	19	--	0.250
18:0	g	0.010	19	--	0.020
Fatty acids, total monounsaturated	g	0.161	--	--	0.322
16:1 undifferentiated	g	0.002	19	--	0.004
18:1 undifferentiated	g	0.159	19	--	0.318
Fatty acids, total polyunsaturated	g	0.138	--	--	0.276
18:2 undifferentiated	g	0.114	19	--	0.228
18:3 undifferentiated	g	0.024	19	--	0.048
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.075	--	--	0.150
Threonine	g	0.233	--	--	0.466
Isoleucine	g	0.281	--	--	0.562
Leucine	g	0.538	--	--	1.076
Lysine	g	0.235	--	--	0.470
Methionine	g	0.153	--	--	0.306

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 200g
Cystine	g	0.133	--	--	0.266
Phenylalanine	g	0.348	--	--	0.696
Tyrosine	g	0.217	--	--	0.434
Valine	g	0.397	--	--	0.794
Arginine	g	0.542	--	--	1.084
Histidine	g	0.153	--	--	0.306
Alanine	g	0.377	--	--	0.754
Aspartic acid	g	0.611	--	--	1.222
Glutamic acid	g	1.268	--	--	2.536
Glycine	g	0.296	--	--	0.592
Proline	g	0.306	--	--	0.612
Serine	g	0.342	--	--	0.684
<b>Other</b>					